

FOOD FOR THOUGHT

A QUARTERLY PUBLICATION OF OUSD NUTRITION SERVICES

Employees of the Month!

The Employee of the Month program continues to grow in popularity. Whereas earlier this year, site staff have nominated their peers, and managers have nominated staff, now teachers, school site staff and Nutrition Services supervisors are getting in on the act. Some Nutrition Services staff have received over 10 nominations each! We're thrilled with the excitement this has generated and even more thrilled to announce the next two recipients of the award.

The Employee of the Month for May was **Sandy Smothers** of Urban Promise Academy! Sandy was selected for her work ethic,

attention to detail, maintaining a sparkling clean and organized kitchen, and for being a wonderful role model for the kids. Congratulations Sandy!

Our Employee of the Month for June is **Sammy Liu** of Ascend. Sammy was selected for her dependability, friendly nature with students and staff, outgoing personality, and going above and beyond the call of duty (like packing last minute bag lunches for field trips!) Way to go Sammy!

Congratulations to both of these outstanding employees. Each of these fabulous women received a certificate, a pin of excellence and a prize valued at \$75! Small tokens of our appreciation



Do you know someone who deserves to be Employee of the Month?

It's easy to nominate someone; just fill out a nomination form, which can be found at the High Street Office, and either drop it in the nomination box right there, or fax it to 510-879-1779.

Nutrition Services News You Can Use

Just as households in this country received "federal stimulus funds" this past tax season, so too might OUSD Nutrition Services be buoyed by federal funding. Management has submitted a request for 1.3 million dollars in stimulus funding for much

needed school site equipment including, but not limited to: sinks, steam tables, salad bars, and POS terminals. Fingers crossed that the application is approved! Stay tuned.

 OUSD Nutrition Services is proud to take the lead once again

in the Summer Feeding Program throughout the city. Seventy-two school sites will serve both a.m. snack and lunch to thousands of school-aged children during the summer months. For more information, including locations of summer feeding sites, please call (800) 870-FOOD (3663)

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We walked to Denver!



Silvia Fong with her trusty pedometer

The idea was simple: give employees a pedometer, have them log their steps, and see how far we could get by the end of

the school year. Denver, Colorado seemed like the perfect goal, because it's just far enough away to be a challenge, but not too far away as to daunt us from trying. Furthermore, it's consistently ranked one of the healthiest cities in the U.S!

Well, walk to Denver we did. Each week participants turned in their log sheets, saw their progress tracked on a wall map at High Street, received updates via email and vied for prizes over the last ten months.

All in all, our walkers took an astounding 18 ½ MILLION steps, covering a cumulative 7,417 MILES! To put that in perspective, the diameter of planet EARTH at the equator is roughly 8,000 miles.

Our first walker to reach Denver was Rosalin Cox and our first NS employee to reach Denver was Silvia Fong! Way to go ladies!

Most importantly, we all got fit while having fun. Stay tuned to see what wellness programs we've got planned for next year and join us!

Congratulations to all the walkers who participated!

Donnie Barclift
Sherry Carpenter
Rosalin Cox
Marianne Dania
Swashante Dillon
Silvia Fong
Flynn Ing
Mary Johnson
Jennifer LeBarre
Sammy Liu
Joyce Peters
Deidra Tillis
Olga Velasquez

The Bay Area is having a Soda Free Summer!

Did you know the average person eats almost 175 pounds of sugar a year - about half a pound a day - and the single biggest source is sugary drinks? It's no wonder that two out of three Americans are overweight or obese - extra calories from all that sugar leads to weight gain, putting people at risk for lifelong health problems such as diabetes and heart disease.

That's why Alameda County Public Health Department Nutrition Services, along with five other Bay Area counties, invite you and your family to be a part of the regional Soda Free Summer campaign!

Challenge yourself to make a difference in your health.



Instead of soda, or other sweetened beverages, commit to drinking:

- Water (every day – all you want)
- Non-fat or low-fat milk
- 100% fruit juice (limit juice to ½ cup daily)
- Unsweetened iced tea

For more information about going soda free this summer, call Nutrition Services at (510)595.6454, or check us out at:

www.sodafreesummer.org.

You can also find us on facebook and follow us on twitter!

Did You Know?

- Americans spend \$56 billion annually on purchasing sugary drinks.
- Drinking just one 20-ounce bottle of soda each day for a year, everything else being equal, can result in gaining 25 extra pounds.

Food Safety when chillin' and grillin'



Whether you bite into thick juicy burgers and dogs hot from the grill, pack a picnic for the park, or dine on dilled salmon on the patio, chances are you'll want to enjoy cooking and eating outside all summer long.

Make the most of the fun by making sure your food remains safe: follow these **Fight BAC! tips** from the Partnership for Food Safety Education (for more information, visit www.fightbac.org)

Wash , Wash , Wash Your Hands (as in Row, Row, Row Your Boat)
Always, wash your hands with hot, soapy water before and after handling food.

Marinating Mandate

When marinating for long periods of time, it is important to keep foods refrigerated. Don't use sauce that was used to marinate raw meat or poultry on cooked food. Boil used marinade before applying to cooked food.

Hot, Hot, Hot

When grilling foods, preheat the coals on your grill for 20 to 30 minutes, or until the coals are lightly coated with ash.

Temperature Gauge

Use a meat thermometer to insure that food reaches a safe internal temperature.

Where's the Beef? Chicken and Fish?
Hamburgers should be cooked to 160° F, while large cuts of beef such as roasts and steaks may be cooked to 145° F for medium rare or to 160° F for medium. Cook ground poultry to 165° F and poultry parts to 170° F. Fish should be opaque and flake easily.

Stay Away from that Same Old Plate

When taking foods off the grill, do not put cooked food items back on the same plate that previously held raw food.

Icebox Etiquette

Give bacteria the cold shoulder. A full cooler will maintain its cold temperatures longer so it is important to pack plenty of extra ice or freezer packs to insure a constant cold temperature.

- excerpted from the Centers for Disease Control and Prevention <http://www.cdc.gov/foodsafety/grill.htm>

Advocacy Corner

Currently, OUSD Nutrition Services will not receive reimbursement for the months of May and June because the State did not appropriate enough funding for the entire school year. As such, Assemblymember Tom Torlakson has introduced **Assembly Bill AB95** which would amend Section 4943 of the Education Code pursuant to school meals; in essence providing this necessary funding. If AB95 does not pass, OUSD NS will face a substantial budgetary shortfall.

How can you help? Contact your local representatives and ask that they support AB95! A phone call or simple email form can make a big difference for our schools and our students!

State Senator Loni Hancock

Phone: (510) 286-1333

Email form can be found in the 'contact me' section:

<http://dist09.casen.govoffice.com/>

California Assemblymember Mary Hayashi

Phone: (510) 583-8818

Email form can be found in the 'contact me' section:

<http://democrats.assembly.ca.gov/members/a18/>

California Assemblymember Sandre Swanson

Phone: (510) 286-1670

Email form can be found in the 'email me' section:

<http://democrats.assembly.ca.gov/members/a16/>

Expect Success.
every student. every classroom. every day.



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OUSD Nutrition Services continually strives to create a world class Nutrition Services team that is recognized as the best in California. We will provide nutritious meals to satisfied customers each and every day, period.

Our goals are threefold:

- 1) to become recognized as the leading school nutrition services provider in the Bay Area,
- 2) to become the number one revenue generating Service Area for the District, and
- 3) to reach the 80% percentile in Reliability, Assurance, Empathy, and Responsiveness.

We - administrators, supervisors, managers, and staff - are committed to expanding and improving our service and stand behind our product 100%.

Comments or suggestions about *Food for Thought?* We'd love to hear from you. Please email Ericka at ericka.doolittle@ousd.k12.ca.us

Seasonal Recipe: Peach and Fruit Bake

PREP TIME: 20 min

COOK TIME: 35 min

READY IN: 55 min

INGREDIENTS

- 6 fresh peaches, pitted and chopped
- 2 pears - peeled, cored and chopped
- 4 stalks rhubarb, cut into 1/2 inch pieces
- 2 tablespoons raisins
- 1 large papaya - peeled, seeded and cubed (optional)
- 2 tablespoons biscuit baking mix
- 1/4 cup light brown sugar
- 1 tablespoon margarine, softened



DIRECTIONS

1. Preheat oven to 375 degrees F. Grease a 9x13 inch baking dish.
2. Arrange the peaches, pears, rhubarb, raisins, and papaya in the prepared pan.
3. In a medium bowl, combine the baking mix, brown sugar and margarine. Stir until mixture has a crumbly texture. Sprinkle evenly over fruit.
4. Bake in the preheated oven until top is golden brown, 35 to 45 minutes.

Serve hot or cold with vanilla yogurt for a refreshing summer treat that's high in fiber and low in fat. Enjoy!